

VARSITY BLUES

SWIMMING and DIVING



3 Great Meets * 50m Pool * FREE Admission

Friday January 9 vs Western Men 5 pm; Women 7 pm
 Friday January 23 vs McMaster Co-ed Meet 6:30 pm
 Thursday January 29 vs York Women 4 pm

Don't miss the OWIAA Championship
 at U of T February 13th and 14th

Recreational Swimming Hours

Time	Mon	Tues	Wed	Thurs	Fri
7:00 a.m. - 8:30 a.m.	25yd	25yd	25yd	25yd	50m
12:00 noon - 3:00 p.m.	50m	50m	50m	50m	50
4:00 p.m. - 7:00 p.m.	25yd	25yd	25yd	25yd	25yd
9:00 p.m. - 11:00 p.m.	25yd	50m	50m	50m	—

Weekend Schedule:

12:30 p.m. - 4:00 p.m.	Sunday	50m (Community Swim)
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Swimmers are advised to check the Rec Swim Notice Board in the Main Lobby outside the Sports Store for any changes in the schedule.

BLUES

January 7, 1987

Volume 4 Number 4

Key home games for the Blues



Blues Top Scorer Don McLaughlin



ATHLETIC CENTRE INFORMATION

ATHLETIC CENTRE HOURS UNTIL APRIL 30, 1987

Monday - Friday	7:00 am - 11:00 pm
Saturday	10:00 am - 5:00 pm
Sunday	Noon - 4:00 pm

BUILDING CLOSINGS

Good Friday - Friday, April 17, 1987
Victoria Day - Monday, May 18, 1987

FOR ATHLETIC CENTRE INFORMATION

General Information	978-3437
Instruction	978-3436
Fitness Program	978-3034
Recreation Program	978-3441
Intercollegiate Program	978-3443
Racquet Reservations	978-4116
Promotion & Publicity	978-4112

GENERAL INFORMATION

STUDENTS:

University of Toronto Students paying Incidental fees are entitled to use the Athletic Centre. Please present your 1986-87 student card when purchasing locker or towel services. This year all cards must have an Athletic I.D. sticker. If you are not purchasing locker or towel service, please come to the main information counter and ask for your identification sticker.

BUILDING USAGE PROCEDURES

As members of the Athletic Centre, either student, staff, alumni or community, you must hand in your membership card (i.e. student card, staff card) to the Towel Counter every time you wish to use the facilities. Upon presentation of your card you will receive a plastic I.D. bracelet which will enable the security personnel to identify you as a member. When you leave the premises simply return the bracelet to the counter and quote your sticker number to receive your membership card. It is therefore important to REMEMBER YOUR STICKER NUMBER. Failure to produce your bracelet and/or towel will result in a \$3.00 charge per item in order to obtain your card.

COMMUNITY ACCESS

A co-operative program between the Department of Athletics and Recreation and the City of Toronto Department of Parks and Recreation provides residents with access to some Athletic Centre facilities (at no charge) during specified times during the week.

The pool is open to the public at no charge on Sundays from 12:00 noon to 4:00 pm. The Toronto Department of Parks and Recreation in co-operation with the Athletic Centre sponsors a "Learn to Swim" Program on Thursdays starting January 15, 1987 from 5:30 pm to 9:30 pm. The classes will be as follows:

6:15 - 7:15	Parents & Tots
7:15 - 8:15	Childrens Swim
7:14 - 8:15	Tots Only (Teach Pool)
8:15 - 9:00	Adults

Please register a half hour before your class begins. The Spadina Avenue entrance and Locker Rooms should be used for the above Public Access hours.

For information call 978-3437.

STUDENT LOCKER & TOWEL SERVICE

Lockerettes	\$13.00
PLUS \$5.00 refundable lock deposit	
Towel Service included	
Towel Service only (supply own lock)	\$9.00

Upon providing their own lock, members may use the full size day lockers, however locks may not remain overnight, or contents and lock shall be removed.

These services will expire Thursday, May 21, 1987. Locks must be presented to the Main Information Counter for a \$3.00 refund. After May 21, locks and locker contents shall be removed and deposit forfeited.

MEMBERSHIP INQUIRIES

U OF T STAFF:

(FACULTY JOINT PLAN M/S) Please call the Benefits Section of the Personnel Department at 978-2015.

ALUMNI:

Please contact the Hart House Programme Office at 978-2447.

COMMUNITY: (Offered only in September)
Prospective Members - Please inquire at the Information Counter or phone 978-3437.

COURT RESERVATIONS

Squash and Racquetball

Reserve one day in advance at 978-4116, or in person at the Racquet Reservation Window in the main foyer. Reservations will be accepted from 7:30 a.m. to 1 p.m. Monday to Friday. Two names and membership numbers are needed to book a court. Saturday, Sunday and Monday reservations may be made on Friday. Approved safety eye guards are mandatory. Players must supply their own.

Tennis and Badminton

Reservations will be accepted between 5:30 p.m. and 7:30 p.m. on Wednesdays for court times from the following Saturday to Friday inclusive. Two names and membership numbers are needed to book a court. Reserve in person at the Racquet Reservation Window, main foyer, or phone 978-4116.

Hall of Fame

The proposed U of T Athletics Hall of Fame is nearing its final approval from the Department of Athletics and Recreation and from the appropriate U of T authorities.

The Hall of Fame will recognize outstanding individuals and teams who have made a major contribution to Varsity's athletics heritage. A nominee's performance in intercollegiate competition will be the major criterion, but performance in other competitions, such as the Olympics or national championships, may be considered. Persons who have made a significant administrative contribution may be nominated as Builders.

Nominations may be made by T-Holders, members of the Varsity Blues Clubs, students and the general public. Nominators will be asked to supply as much biographical detail as possible for their nominee. Composition of the Selection Committee is yet to be determined.

The Hall of Fame has been recommended for approval to the DAR Awards Committee by both the Men's and Women's T-Holders' Associations. Nomination forms will be printed in a future issue once final approval has been granted in mid-January.

If you have questions or comments, please contact the Athletics Promotions Office at (416) 978-4112.

Food For Thought

Father's knows you need food energy when you crack the books. - Take a break



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GOOD TIME
FOR THE
GREAT TASTE.

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You're invited to these Blues Booster Events

All T-Holders and Varsity Blues Club members, your families and friends, and Blues fans in general are cordially invited to these enjoyable buffet-style luncheons and dinners... A perfect opportunity to meet Blues coaches and athletes, to renew old acquaintances and make new friends, and to hear our outstanding well-known guest speakers.

Blues Booster Luncheons and Dinners are held in the comfortable surroundings of the licensed Blue and White Lounge in Varsity Arena. A cash bar operates at each function. Cost of Blues Booster Luncheons/Dinners is only \$8 per person.

For information and reservations, please contact the Blues Promotions and Publicity Office at 978-4112.

WEDNESDAY JANUARY 14TH 5:30 PM - 7:30 PM GUEST SPEAKER: MIKE KEENAN

By popular demand... A Blues Booster Dinner scheduled in the early evening for those Blues fans who have been unable to attend our regular noon-hour luncheons. Guest Speaker for our inaugural Booster Supper is Mike Keenan, regarded as one of the outstanding coaches in the National Hockey League. Mike is no stranger to Varsity Arena, as he played on Blues national championship team in 1971-72 and then returned to coach the Blues to the CIAU title in 1983-84. In 1984-85 he joined the National Hockey League coaching ranks with the Philadelphia Flyers and was named the NHL's Coach of the Year. This season, Mike has led the Flyers to the top of the NHL standings in total points. And after an enjoyable buffet-style dinner and speeches, be sure to stay for an outstanding OUAA league game as the Hockey Blues play the Western Mustangs at 7:30pm.

TUESDAY FEBRUARY 10TH 12:00 NOON - 1:45 PM GUEST SPEAKER: CAROL ANNE LETHEREN

The Blues Booster Luncheon returns to its normal noon-hour format, with a cash bar from 12:00 to 12:30 and a tasty buffet lunch beginning at 12:30 pm. Our Guest Speaker is Carol Anne Letheren, a U of T alumna who has been named Chef de Mission for Canada's team at the 1988 Olympics in Seoul. Carol Anne, 1963 PHE graduate, is Vice-President of the Canadian Olympic Association. In Seoul, she will be responsible for the arrangements of more than 800 Canadian athletes, medical personnel and dignitaries. This is also Blues annual Media Appreciation Luncheon, at which U of T recognizes the many members of the media who report on the activities of the Varsity teams during the season.



Mike Keenan holds the University Cup, emblematic of Blues' 1983-84 CIAU title.

TUESDAY MARCH 3RD 12:00 NOON - 1:45 PM GUEST SPEAKER: THE HON. JOHN BLACK AIRD

Don't miss this most special Blues Booster Luncheon, as we are honoured by the presence of Guest Speaker, The Hon. John Black Aird, former Lieutenant-Governor of Ontario and now Chancellor of the University of Toronto. Mr. Aird is well-known for his involvement in the support of numerous charitable projects and he is one of Varsity's most illustrious graduates. This is also Blues annual Sponsor Appreciation Luncheon, at which U of T recognizes the many corporate sponsors who provide vital support to Varsity's athletics and recreation programs.

Blues Special Events in 1987

Blues fans are in for some special treats during the coming months... plan now to attend these exciting promotional nights in Varsity Arena and the Athletic Centre Sports Gym. Be a Blues Booster and take advantage of these Door Prizes, Contests and Giveaways. As True Blue says, "BE A PART OF IT!"

FRIDAY JANUARY 9th-HOCKEY vs R.M.C. 7:30 PM

Join the crowd at the 2nd Annual Royal Canadian Legion Diamond Jubilee Cup Game as the Hockey Blues play the Royal Military College Redmen. Special pre-game ceremonies featuring the Hon. Lincoln Alexander, Lieutenant-Governor of Ontario; the Hon. John Black Aird, Chancellor of the University of Toronto; the RMC Cadet Band and the RCL Colour Party. Proceeds of this memorable night go to the Canadian Hemophilia Society and Patron's Tickets, which include a special reception prior to the game in the Blue and White Lounge are available for \$25 from the Canadian Hemophilia Society, 488-2244.

WEDNESDAY JANUARY 14th-HOCKEY vs WESTERN 7:30 PM

The Blues renew their traditional rivalry with the Western Mustangs, and before the game be sure to attend the special Blues Booster Supper at 5:30pm with guest speaker Mike Keenan, Coach of the NHL's Philadelphia Flyers. See page 3 for full details.

FRIDAY JANUARY 16th-BASKETBALL vs YORK 6 & 8 PM

The Blues face York in two outstanding league games, starting with the women's match at 6pm, and then the Varsity men's hope to end their 12-season drought against the Yeomen. Don't miss the Karate Demonstration during halftime of the women's game, and then later in the evening four lucky Blues fans will have a chance to share up

to \$5000 in the annual DASH FOR CASH. Great Basketball and great entertainment for the entire family.

FRIDAY JANUARY 23rd-HOCKEY vs LAURENTIAN 7:30 PM

It's "Shaker Night" at Varsity Arena as the first 500 fans each receive a free Blues Pom-pom, courtesy of the Blue and White Society. The Hockey Blues meet the always tough Laurentian Voyageurs in an OUAA league game, and the same teams play again the following evening, Saturday January 24th, also at 7:30pm.

WEDNESDAY JANUARY 28th-BASKETBALL vs RYERSON 6&8 PM

The setting is the Athletic Centre Sports Gym as the Blues host intra-city rival Ryerson for two key league games. Halftime of the men's game (8pm) features a performance by U of T's entertaining Rhythm 'n Blues Dancers.

SATURDAY JANUARY 31st-BASKETBALL vs QUEEN'S 6 & 8 PM

The Blues welcome another traditional rival in the Golden Gals and Golden Gaels, and if you see a lot of students in somewhat unique attire, don't panic—it's Toga Olympics Night, featuring some unique "Olympic" competitions during halftime.

WEDNESDAY FEBRUARY 4th - COCA-COLA NIGHT

Special Door Prizes and Souvenirs provided by Coca-Cola at Varsity Arena for the Blues OUAA Hockey game against the highly-rated Laurier Golden Hawks (7:30pm), and also at the Athletic Centre Sports Gym as the Volleyball Blues meet York in the best doubleheader of the season (women's game at 6pm, followed by the men's game at 8pm).

Different road to top for Women's B-ball

BY GORD BROWN

When the Blues basketball team won their first national championship last season, it was the culmination of a long steady rise to the top. Repeating the title, however, must be achieved in a different way. If the Blues are to retain their championship, it will be a defense tested in a crucible of uncertainty and even a little bit of adversity.

"We had a rough couple of months," Blues head coach Michele Belanger said. "September was rough because there were not enough people trying out and some people decided not to come back at the last minute."

Early on, the team discovered that they would have to defend their title with a team of ten at its strongest. Of the returnees, only two — Mary Ann Kowal and Theresa Burns — were starters last year. The other returnees are forwards Samantha Reed, Nicki Berswick and Anna Brozio, and guard Lynn Schulze.

Newcomers include forwards Adrienne Blenman, Carole Turcotte and Nancy DeWaal, and guard Jillian Matte.

Things began to look up almost immediately, however, as the team played through some injuries to win the Big Four tournament, this year hosted by U of T. The Blues took the opener handily, defeating Queen's 73-23 and



Anna Brozio

came back to nip out a close one against McGill 56-54. "It was a good tournament for us, a couple of pretty good games," Belanger said, "especially against McGill, who had a pretty strong team early this season. It was good for the team's self esteem."

The team did not fair quite so well on its next outing in Calgary, however, losing to the host team 56-55 in the semis and to the University of Lethbridge 71-64 in the final round. Despite the two losses at the Calgary tournament, the team continued to move forward.

"It was a good tournament because it was a stepping stone. I think the team got mad."

Mad or not, the Blues got their revenge against Calgary on the home court, beating them 67-54 at the U of T's Invitational Tournament. The Blues opened their tournament

with a 73-44 win over Western and then defeated UNB 64-56.

If the win against Calgary was an indication of the team's character, tougher tests yet were waiting for the Blues. After a three-game trip to the US to see some top-flight NCAA talent and a close mid-week game against Mae, it was a very tired Blues team that went into the York tournament to face some of the top teams in the country. "Because we lack experience on the bench, some of the girls have to play 40 minutes a game. I had no idea what would happen," Belanger said.

The Blues opened the tournament with a 59-44 win against Guelph before going on to beat Bishop's (ranked number two in the nation) 50-55, and then Winnipeg (then ranked third) 56-49. "We had a great first game against Guelph, a great victory because it was a rare time we'd blown anyone out. It was a chance for some of the players to come off the bench and it really built up their confidence."

"Going into the final I had no idea we were going to win. We were able to handle their starters and do some of the things we wanted to do. There were lapses — we were up by 14 points and let them back into the game. But overall it was a positive experience."

Outsmarting their opponents is the Blues basic strategy this year. Lacking the size,



Nicki Berswick

strength and depth that was the foundation of their championship team last year, this year the team is relying on discipline and finesse.

"We're extremely patient offensively," Belanger says. "We wait until just a few seconds are left on the clock before shooting. On defense we'll be about the same, not as much full court pressing, more zones and different kinds of zones to meet different situations. We'll have competitive ballgames; it should be good for the fans because the scores won't be as high."

Mary Ann Kowal (see story below) scored 55 points at McGill's Martlet Invitational Tournament January 2-4, and Theresa Burns (41 pts) was an All-Star. Blues defeated Regina 68-50 and McGill 57-48 but lost to #1 Laurentian 73-69 in overtime. Blues are 14-4 against CIAU opponents.

Profile: Mary Ann Kowal leads Blues' Title Defence

BY GORD BROWN

In every crisis there is opportunity. Because the Blues women's basketball team is small, inexperienced and lacking the depth that was the hallmark of their CIAU championship season last year, the team must rely heavily on certain key players. The team has risen to the challenge, and nowhere is this more evident than in the play of the team's leading scorer, third-year starter Mary Ann Kowal.

"Some players need to know they're the big shot on the team," Blues head coach Michele Belanger says, describing the improvement in Kowal's play. "Knowing that the team depends on them can make them rise to the challenge and bring out their full potential."

A Linguistic Anthropology major at Victoria College, the Sudbury native came into her own in last year's playoff drive. Over two seasons, she produced an exceptional 54% field goal average and 81% on foul shots.

Despite leading the team in scoring, Kowal is concentrating on defense. Because our team is so small this year, I've had

to play a lot of forward, and at first it was difficult," says the 5'10" guard.

"At first, Mary Ann did find it difficult to switch positions in the game," Belanger agrees. "She'd be in a forward mode, or a guard mode. But it's helped her — that's the way they want her to play on the National team."

"I found it kind of frustrating in the beginning," Kowal admits. "I want to be a guard. Now I don't mind it; every game I get a taste of all the positions. And playing inside gives me a chance to work on inside power."

With the loss of All-Canadians Pat Melville and Angela Orton, the Blues have had to play a very different brand of basketball, depending more on finesse than inside force. "You like to score," Kowal says, "but before I didn't get the chance to shoot that much. Now everyone has to shoot more than they did last year. Lynn and Theresa (guards Lynn Schulze and Theresa Burns) have been scoring more as well and that's really helped."

"She's looking to shoot more," Belanger agreed, "and



Mary Ann Kowal

that's good because that's her game. She's a shooter. Last year she didn't have as much of a chance but this year we need her shot." Her hot shooting this season has resulted in MVP awards at both the U of T and York Tournaments, and the 21-year-old Kowal is among the top five scorers in the country.

Kowal is a talented player, smooth as silk from the outside, tenacious on the defensive boards, and although before this year mostly a guard, able to defend against taller, heavier forwards. But this year's Blues require more from their veterans than just pure basketball skills. And it is in the leadership area that the true signs of maturity must be found.

"I think Michele wants me to take more of a leadership role," Kowal says, "but it's hard for me. I'm not really boisterous on the court."

"She gives us rebounding, strength and leadership," says the coach. "I think when she's on the floor certain things happen; she's not afraid to be creative."

Creativity, outside shooting, maturity. It's a tall order for a third-year player, even a player on the National team. Still, the burden is not Kowal's alone; all the members of the team have to stretch and extend themselves in order to defend their title. Mary Ann Kowal is one example of the player who is improving in every dimension to help her team stay on the winning track.

Men's Basketball ready for OUA A campaign



Sam Hill is leading the Blues scoring and was named MVP at the McMaster Tournament.

By ANDREW LINDSAY

Varsity basketball fans who have grown accustomed to the success of the men's Blues over the past three years might be forgiven if they haven't noticed some of the changes to the team this season. Indeed, the Blues of 1986/87 have continued their winning tradition so far, posting a record of 11 wins and 7 losses into early January. U of T has already played in 6 tournaments and performed well at all of them, winning one championship and three consolation titles.

Barely noticeable amid the Blues success has been the presence of a new coach, **Gib Chapman**. Sometimes it is difficult for a team to keep on winning under a new coach, but although Chapman admits a period of adjustment is going on between him and his players, one would hardly notice any difference from the Blues performance on the floor. The return

of National team forward **John Karpis**, who played briefly last year, and point guard **Terry Victor**, who had decided not to play at the beginning of this season, has made a stronger lineup even stronger. **Blues Spirit** took the time to interview coach Chapman during the holidays and discuss the team's prospects.

Are there any players on the team whom you feel are having a particularly outstanding season?

Sam Hill is shooting extremely well. More importantly, he is displaying good shot selection, keeping his shots within the overall framework of our team offense.

Our starting point guard, **Nick Saul** has progressed very

well by playing excellent defense, and he is now gaining confidence shooting from his position.

Would you describe your players as being a diverse group of personalities or a homogeneous unit?

They are a diverse set of individual personalities, but once they set foot on the floor, they come together well and they get along very well with each other.

What did the return of Terry Victor mean to the team?

At the beginning of the season, when it looked as if Terry wasn't going to be with us, it forced Nick Saul into a role (point guard) that he had little experience with. As I said before, Nick has been gaining confidence steadily and Terry's return gives us two strong point guards. Terry is an experienced, explosive player who can change the tempo of a game quickly. He inspires confidence in his teammates.

Was York's poor performance at the NIT (3 losses) a real indication of their strength?

I think it is a mistake to write off York. They have three or four strong veterans as a nucleus, and exceptionally talented newcomers. I expect they will improve to the point



Kirt Charler, a transfer from Queen's, has added depth to Blues backcourt.



Point Guard Nick Saul

that by January they will again be the team to beat. In what ways has your strategy worked well this year? In what ways has it not?

With the defense we have been using, we have worked very hard and performed well. The problem is that by predominantly using one defense, we sometimes allow our opponent to settle into their rhythm. We haven't progressed to the point where we can use multiple defenses, and we will be working on this over the holidays.

Any injury problems to date?

Not really. **Ronald Davidson** had a knee operation over the Christmas break but it's nothing we weren't prepared for. **Roger Rollocks** has been having some problems with a hamstring so his status is day-to-day. When it heals, he should be able to play more aggressively.

Aside from York, which of your divisional rivals have looked strong in pre-Christmas play?

With all their players back from last year, **Laurentian** are very strong. The **Ottawa Gee-Gees**, a highly regarded team, went to Sudbury and lost to Laurentian 83-37. I would think that the **Voyageurs**, along with York and U of T will be the three top teams in Ontario East.

Do you think that having such a successful women's basketball program here at U of T inspires the men to work even harder?

The phrase that I think describes both programs here at Toronto is "Pride in Basketball". The two programs complement each other, rather than compete with each other.



PROUD SPONSORS OF

VARSITY BLUES

BASKETBALL



Blues gearing up for the stretch drive

BY BERNIE ANGELOW

Before the first puck was dropped to open the 1986-87 OUAA hockey season, Varsity Blues head coach Paul Titanic spoke confidently of his team's prospects. His optimism was based on the unexpected return of three key veterans, and successful recruitment which brought a handful of promising rookies to the program. Certainly, the Blues losses to graduation were severe, but the number and quality of the replacements appeared to give the Blues improved depth at every position. The Blues



Defenceman Mike Millotte

seemed poised to take a serious run at the league title.

Unfortunately, the Blues play has been wrought by inconsistency which is reflected in their mediocre 6-4-1 won-lost-tied record and 6th place standing after 11 OUAA matches (15-7-1 overall). At times, the Blues have been brilliant, such as when they rallied from 3 goals down with 13 minutes to play to overtake highly rated Clarkson University (New York) in exhibition play. At times they've displayed great discipline and workmanlike dedication in scuttling Waterloo, Guelph and Brock at Varsity Arena. At other times, they've sleepwalked through important road matches with Laurier, York and Western, as well as being humbled by an inferior Brock club.

According to somewhat bewildered coach Titanic, the inconsistency is engendered by a jelling process which has been neither quick nor smooth. "We have several new players in the lineup, and some who have been here for a long time. It can sometimes take quite a while

for the new and the old to blend together." Add to this an epidemic of injuries, especially to the defensive corps, and Titanic has been forced to juggle lines and combinations continually.

Despite the instability, several individuals deserve citation. Titanic expresses pleasure with his excellent goaltending tandem of Kevin Hamlin and Paul Fisher, who have sparked behind a surprisingly porous defense. Injuries to Scott Medhurst and Ben Shepherd have depleted the blueline corps, but Mike Millotte, Mark Gobuty, Gary Lue Pann and Chris Vickers have made strong contributions. According to Titanic, a healthy defense could be the team's strength.

At forward, Don McLaughlin (16 goals) and captain Jim Byrne (15 goals) have provided exceptional offense and also spirited leadership, assisted by a supporting cast of selfless workers like Chris Callaghan (12 goals), Tom Warden (14 points), Paul Andersen (12 points) and Rick Traugott (12 points). Titanic suggests

competition for regular positions on the forward lines will be intense in coming weeks.

Despite the ups and downs, Titanic is confident the Blues are pulling together. "The second half should be very positive," he predicts. "It will be tough to catch York (11-0-2), but we should drive ourselves to finish as high as we can — certainly in the top four."

Last year at this time, the Blues were languishing in the middle of the standings with a 4-3 record before rallying to finish in second place overall with a 19-5-0 record. With the abundance of talent spread throughout the league this year, the road to the top will be considerably bumpier this time. However, the Blues play 9 of their remaining 13 league games in the refurbished confines of Varsity Arena, where they are unbeaten this year in 8 outings.

Following the Western Tournament in early January, the Blues take on an improved RMC on January 9th. On the 14th, the Blues host Big Four rival Western Mustangs with a score to settle after 2 preseason and 1 regular season defeats at the hands of the Mustangs. This should be a monumental struggle, as Western boasts an exceptional defensive record along with several fine forwards.

The boisterous Laurentian Voyageurs invade Varsity for back to back tilts on Friday and Saturday January 23rd and 24th. The Voyageurs led the league in penalty minutes last year, and show no sign of easing their aggressive, physical play. Following these skirmishes, the Blues will be challenged on February 4th by the Laurier Golden Hawks, a perennial threat to win the OUAA crown by outworking and physically wearing down its opponents. The Blues handled the Hawks comfortably in a preseason tournament matchup, but were edged 4-3 by Laurier in league action on a late coma-from-behind goal.

Profile: Don McLaughlin A legend in the making

BY BERNIE ANGELOW

Few players possess the skills such as skating, stickhandling, passing and anticipation in sufficient quantity to truly dominate the game of hockey. With the increasing trend to aggressive and often illegal defensive tactics, only a select few like a Wayne Gretzky or Mario Lemieux rise above the crowd. The Varsity Blues are fortunate to have one such individual, a player who combines outstanding skills with great desire to excel and, most importantly, to win.

Don McLaughlin is a 24-year-old veteran of four seasons with the University of Toronto, and weaves his magic with stick and puck in each of the Blues outings. A first or second team OUAA all-star in each of his three previous campaigns, the slick centman once again leads Varsity's scoring parade with 16 goals and 23 assists in 21 league and exhibition games through Dec. 5.

McLaughlin's career total of 67 goals and 105 assists for 172 points in OUAA play places him in 6th place on Varsity's all-time scoring list behind such notables as Paul Laurent (186 points), Andre Hidi (189), Dr. Michael Todd (190), George Chan (191) and Steve Monteith



Don McLaughlin

(249). With more than half of the current 24-game schedule remaining, McLaughlin has an excellent chance to vault into the second position on the list. The implications are not lost on the talented centman: "Those were some pretty outstanding players. It would certainly be a nice accomplishment — something I'd be very proud of."

Toronto head coach Paul Titanic says of McLaughlin: "Donnie plays this game at a greater rate of speed and a higher skill level than the rest of the league. He's playing with more intensity now than ever — and he keeps improving his game. Donnie and Captain Jim Byrne have shown us great leadership."

Although McLaughlin admits satisfaction with his performance to date, he readily acknowledges that personal achievements are not as important as team success. "We have as good a nucleus as any team I've seen," he says, but in assessing the team's disappointing early season losses to chief rivals Western, Laurier and York, McLaughlin is candid. "We give teams like York too much respect. They're unquestionably a good club, but they shouldn't get the respect we give them." McLaughlin feels the Blues are steadily growing in confidence and will improve significantly in the second half of the season.

According to McLaughlin, any of 5 or 6 schools (including Toronto) could realistically win the 1986-87 Ontario title because of the balance within the league. "It really depends on who wants it the most," he says, adding "but I'll be disappointed if we don't win it all."

McLaughlin is currently preparing for a teaching career at the Faculty of Education. He also considers European hockey a viable alternative if circumstances are right. "I'm enjoying the Faculty of Education," he reveals, "but right now I can't get enough of hockey!"



Goaltender Paul Fisher

COMING IN FEBRUARY...

GATORADE HIGH SCHOOL SLAM DUNK CONTEST

Friday February 6th • Varsity Arena
During the Blues-Laurentian Doubleheader

Watch the Best in Varsity Basketball

**PLUS, The Most Exciting "Slam Dunk"
Performers in Metro Toronto
Winners of the 6 Regional "Dunk-Offs"**

COCA-COLA NIGHT TUESDAY FEBRUARY 4th

VOLLEYBALL DOUBLEHEADER

Varsity vs York
Sports Gym
Women's game 6:00pm
Men's game 8:00pm
Admission Free
for ALL Spectators

MEN'S HOCKEY

Varsity Laurier
Blues vs Golden Hawks
Varsity Arena
7:30 pm
UofT Students Free with
your student I.D.
Other students \$3
General Admission \$4
Reserved \$5

WOMEN'S HOCKEY

Varsity York
Blues vs Yeomen
Varsity Arena
5:00 pm
UofT students free with
your student I.D.
Other spectators \$3

*Special Door Prizes and Souvenirs at all 3
games provided by your friends at Coca-Cola.*

**\$5000 DASH
FOR CASH**
Entry Ballot

Fri. Jan. 16, 1987-6 & 8pm
Varsity Arena

Name: _____

(Please Print)

Lucky spectators will have 40
seconds to collect as many of the
5,000 \$1 bills as is humanly possi-
ble. Whatever is picked up is
kept.

Deposit in arena lobby at the
BLUES vs YORK
Basketball Doubleheader

Catch The Wave. Coke.

Varsity Blues winter outlook is promising

Competition is already underway in most of the winter term sports, and the Blues performances to date indicate that several more championship banners will be on display in the Athletic Centre before the season concludes in March.

BADMINTON: The men's team, coached by Jolyon Thompson, has a string of 6 consecutive titles and is currently in 1st place. Coach Marj Shedd, Canada's most honoured international player and a member of the Sports Hall of Fame, has guided the women's team to 2nd place, in good position to win it all in February.

BASKETBALL: At the Christmas break, the women's Blues are 12-2 against Canadian opponents, and have won three tournament titles (Big Four, U of T, York). The team is ranked third, a tribute to excellent coaching by Michele Belanger. The men's Blues, coached by Gils Chapman, are 8-4 and ranked 6th after winning the McMaster Tournament. Sam Hill has earned one MVP award and two All-Star selections.

CURLING: Club competition has been underway for several weeks and the first league bonspiel is set for Jan. 17-18.

FENCING: Under the careful guidance of veteran coach Ken Wood, both teams have earned excellent results at the initial tournaments. Women's epee has been added this year.

GYMNASTICS: Coaches Tom Bertrand and Phil Bruce have their teams busily training for the league competitions which start next month.

HOCKEY: Coach Paul Titanic and the men's Blues are 6-4-1 in the very tight OUAA race and



Donna Roach, winner of an OWIAA Athlete of the Week Award in November, is one of many veterans leading the Volleyball Blues against league rivals York and Ottawa.

15-7-1 overall. Among the key players are captain Jim Byrne (15 goals), OUAA All-Star centre Don McLaughlin (16 goals), All-Canadian netminder Kevin Hamlin (a solid 2.92 average) and high-scoring defenseman Mike Millotte. On the women's side, coaches Dave McMaster and Betty Anne Armstrong face a rebuilding challenge but the team is in 3rd place and Blues have a history of winning the key games — 6 titles in the past 7 years.

SKIING: Competition starts in January for both the Alpine and Nordic teams but the turnout for training sessions has been excellent and Blues appear ready for a successful season.

Hirst and Erin McCune.

SYNCHROSWIM: Blues are only 8 points out of 1st after the initial Figure Ranking Meet, and are in a good position to challenge for the title.

INDOOR TRACK: Head coach Andy Higgins and his staff are aiming to repeat last year's sweep of the Ontario titles. On the national scene, Blues are defending men's champions and hope to move up from 1986's women's silver medals to gold this time.

VOLLEYBALL: Another sport where a championship sweep is very possible, as the men's Blues climbed to 4th nationally after a strong second-place finish at the recent Sherbrook tournament and the women's Blues are ranked 6th after posting two tough victories over defending league champion Ottawa.

WRESTLING: Blues best hope is football linebacker Roger Bernardes, a bronze medalist in heavyweight last season.

SQUASH: Thanks to long-time coach Don Pawcett, the men's Blues are in 1st place and the women won the first sectional tournament.

SWIMMING: Coaches Byron MacDonald and Neil Harvey are predicting a 27th consecutive OUAA title but the national final will be a close battle between the Blues and Calgary. Varsity's Deke Botsford won one gold (200IM) and two silver medals at the prestigious Esso Canada Cup meet earlier this month. The women's team is currently ranked number-one and is the strong favourite to sweep league and national honours. Diving coach Skip Phoenix has gold medal contenders in Jeff

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U of T Community
Radio**

**Live play-by-play broad-
casts start Jan. 16th**

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brunch (until 8pm!)
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ROWERS, 1501 Harbord St., Toronto: 961-6277

Varsity sports store

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10 a.m.-7 p.m.;
Sat. 10 a.m.-4 p.m.

FITNESS

We've got what you need to become a fitter you

Fitness Assessment

- What is a fitness test?**
A fitness test consists of a series of simple measurements which will give an estimate of your overall physical fitness. The one hour test will assess your cardio-respiratory fitness, muscular strength, flexibility and body composition. The fitness appraiser will incorporate the results of your test into an exercise prescription that matches your activity preferences.
- Who needs a fitness test?**
Basically anyone who wants to be fit through regular exercise.
- Is failure possible?**
No. The results are only meaningful to you personally. You will receive feedback regarding how you stand compared to other Canadians of the same age and sex.
- What else is available?**
Test-Retest: When you make your test appointment book a second test for 2-3 months later at half price. This second test will give you an indication of your progress, then adjustments can be made to your program.
- Is a more specialized fitness test available?**
Yes. Sophisticated assessment including direct measures of oxygen consumption, specialized strength evaluations, and body composition through underwater weighing can be arranged on an individual or group basis. The fee will vary depending on the subject's requirements.
- When can I have an assessment?**
January 5 - April 9, 1987:
Monday - Thursday
12:00 - 2:00 p.m.
4:00 - 7:00 p.m.
- What does it cost?**
Single Test:
\$5.00 students and Athletic Centre members;
\$30.00 for non-members

Test/Retest:
\$7.50 students and Athletic Centre members;
\$45.00 for non-members

LOWER WEIGHT ROOM

Athletic Centre users interested in strength training using free weights should consider a membership to the Lower Weight Room. Over 2 tons of free weights, barbells and dumbbells are available to challenge the novice and experienced lifter. A supervisor is also on hand for your assistance.

Cost:
\$20.00 Yearly Membership for Alumni, Staff and Community

Lower Weight Room Hours of Operation

Monday to Friday

8:00 a.m. - 2:00 p.m.
4:00 p.m. - 8:00 p.m.

Saturday

10:30 p.m. - 3:00 p.m.

Educational Programs

ELECTROCARDIOGRAPHY

...At Rest and During Exercise

Thursdays, 6:30 p.m. - 9:00 p.m.

January 29 - April 2, 1987

(No class during Reading Week)

University College, Rm. 179

King's College Circle

Fee: \$125.00 (professionals)

\$75.00 (full time students)

(Cost includes manual, examination fees and certificate)

This is a 9-week course consisting of lectures and practical sessions designed for students and professionals in health fields. The course covers basic electrophysiology of the heart, abnormal electrocardiography at rest and/or during exercise, and stress test protocol. Upon completion of a written examination, successful candidates will receive a certificate acknowledging their accomplishments.

The objective of the course is to contribute to the development of professional, high quality standards in the field of stress test administration. The course lecturers are professionals in the specialties of exercise physiology, cardiology, medicine and electrophysiology.

REGISTRATION:
Contact the Fitness Office, Room 2038 at the Athletic Centre or call 978-3086 for information.

REFUND POLICY:

\$20.00 administrative fee will be deducted after the first class only. No refunds will be given after the second class. The manual must be returned for a refund to be given.

Injuries of the Lower Extremities

Dr. Glen Copeland

January 27, 1987

Hart House Music Room, 7:30 - 9:30 p.m.

Cost: \$7.50 (\$5.00 students)

Dr. Copeland is the consulting Podiatrist for the Toronto Blue Jays, Staff Podiatrist at the SC Cooper Sports Medicine Clinic, Mount Sinai Hospital, Staff Podiatrist for Women's College Hospital and consulting podiatrist for the Canadian Back Institute with Hamilton Hall. He is the Director of

the Lower Limb clinic at Women's College Hospital and the author of a popular book "The Foot Doctor", Gage Publishing, 1986.

With increasing fitness popularity, the

Fitness for the 80s

Lecture Series

number of overuse injuries has risen dramatically. Dr. Copeland will discuss the nature of these injuries as well as common foot problems associated with exercise.

Arthritis and Exercise

Mr. Navin Doshi

March 12, 1987

Hart House Debates Room, 7:30 - 9:30 p.m.

Cost: \$7.50 (\$5.00 students)

Mr. Doshi is the Director of Physiotherapy for the Central Eastern Division of the Arthritis Society. Aside from being involved in this area for the last 16 years, he also arranges the educational programmes for the physiotherapists on the University of Toronto campus.

Everyday thousands of Canadians struggle with the pain, stiffness and decreased function associated with Arthritis. Fatigue and poor respiratory fitness can often become major problems. This presentation will focus on effective practical and safe exercise techniques to lessen discomfort and enhance function for a better lifestyle.

FOR MORE INFORMATION contact:

Hart House Recreational Office 978-4732

or Fitness Office, Athletic Centre 978-3084

Strength Training

STRENGTH TRAINING WORKSHOP

A workshop emphasizing the basic principles of strength training will be offered in January 1987. For dates, times and more information please contact the Fitness Office at 978-3085.

STRENGTH TRAINING CONSULTATIONS

UNIVERSAL/NAUTILUS/HYDRA-GYM

If you are interested in starting a strength training program, but need some basic

information on strength training and/or basic instruction on how to use the Universal, Nautilus and Hydra-gym, you can book an hour-long strength training consultation and follow up consultation at the Main Enquiry Desk.

Cost: \$5.00 initial consultation only
\$7.50 initial & follow up consultation
(Athletic Centre Members only)




FREE WEIGHTS

Lower Weight Room members interested in starting a free weight program may book an hour-long strength training consultation and follow up consultation at the Main Enquiry Desk.

Cost: \$5.00 initial consultation
\$7.50 initial & follow up consultation
(lower weight room members only)

RECREATION FUN FOR EVERYONE INTRAMURALS

JANUARY 1987

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>TWO MUCH CELEBRATING DURING THE HOLIDAYS ??? Let us bring you back to form. Join our Intramural Leagues.</p>				<p>NEW YEARS DAY</p> <p>ATHLETIC CENTRE CLOSED</p>	
<p>Leagues Start: 4 (M) Squash (M) Waterpolo FS (W) Volleyball Div III FS</p>	<p>CLASSES START</p>	<p>6</p> <p>(M&W) Swim Meet Entry & Info Mtg. 12 noon, Red Rm</p>	<p>7</p> <p>(M) Racquetball Entry Deadline 4:30 pm, Rec Office</p> <p>RECREATION ASSISTANTS WORKSHOP</p>	<p>8</p> <p>(W) Badminton Singles Entry Deadline, 4:30 pm, Rec Office</p>	<p>9</p>
<p>11</p> <p>Leagues Start: (M) Intermediate Basketball (C) Broomball 4 - 11 p.m. Varsity Arena</p>	<p>12</p> <p>(W) Volleyball Div II SC Mtg. 12 noon, Red Rm (W) Badminton Singles Sched Conf Mtg, 1:00 pm, Red Rm (C) Basketball Entry Deadline 4:30 pm, Rec Office (M) SC Mtg, 5:00 pm, Red Rm</p>	<p>13</p> <p>(M&W) SWIM MEET (M) Waterpolo SC Mtg. 12 noon, Rm 2107 (W) Racquetball Sched Conf Mtg, 1:00 pm, Rm 2007</p>	<p>14</p> <p>(C) Basketball Sched Conf Mtg. 1:00 pm, Rm 2007</p>	<p>15</p> <p>(W) BADMINTON SINGLES TOURNAMENT (M) RACQUETBALL TOURNAMENT</p>	<p>16</p> <p></p>
<p>18</p> <p>Leagues Start: (M) Waterpolo (C) Basketball (C) Broomball 4 - 11 p.m. Varsity Arena</p>	<p>19</p> <p>(W) Broomball Entry Deadline 4:30 pm, Rec Office (C) Curling Entry Deadline 4:30 pm, Rec Office</p> <p>COED SC Mtg, 5:45 pm, Rm 2007</p>	<p>20</p> <p>(W) Broomball Sched Conf Mtg, 12 noon, Rm 2007 (C) Curling Sched Conf Mtg, 1:00 pm, Rm 2007</p>	<p>21</p> <p>(M&W) Ski Meet Entry & Info Mtg. 12 noon, Red Rm</p>	<p>22</p> <p>(W) BROOMBALL (C) CURLING ROUSPIEL (M) RACQUETBALL TOURNAMENT</p>	<p>23</p> <p></p>
<p>25</p> <p>(C) Broomball 4 - 11 p.m. Varsity Arena</p>	<p>26</p> <p>(M&W) Ski Meet Entry Deadline 12 noon, Rec Office</p>	<p>27</p> <p>(W) Basketball, Div. I SC PO Mtg. 12 noon, Board Room</p>	<p>28</p> <p>(M&W) Ski Meet</p>	<p>29</p>	<p>30</p>

Three Cheers for Volunteers

The staff at the University of Toronto Recreation Section would like to take this opportunity to **THANK** all the **VOLUNTEERS** involved in the Intramural Program for their outstanding efforts in the field of recreation. **Volunteers are our driving force.** Without your willing involvement, valued assistance and service, many of the leisure opportunities we all enjoy would not take place.

Sandra Appleby, a fourth year Physical and Health Education student, is president of the PHE Women's Athletic Council. Her involvement to date with the Department of Athletics and Recreation is extensive both on and off the playing field. Her service in the Department's administration includes the Chair of the Women's Intramural Sports Committee, Vice-Chair of Department Council and member of the Recreation, Intercollegiate, Planning and Resources, Constitution and Womens Athletic Association Funding Committees. She also serves on the Intramural Awards Committee, Review Boards and Publicity Committee and will represent the University of Toronto at the Student Intramural Conference in Hamilton. Sandra's athletic ability in combination with her leadership skills has been evident in the current success of the PHE Women's Intramural Program.

Ken Alton, has had a long association with the U of T Intramural Program. A strong supporter and avid participant in Intramural sports, Ken is currently Chairman of the Men's Intramural Sports Committee. In this multi-role position Ken plays the mediator on Review Boards, acts as liaison to the Recreation Committee and functions as group leader for the M.I.S.C. A Physical and Health Education student putting the finishing touches on his degree, Ken will be leaving the soft life of a student behind to venture into the working world this summer.



Sandra Appleby
Women's Intramural Sports
Committee Chair



Ken Alton
Men's Intramural Sports
Committee Chair

SCHEDULE CHANGES

Women's Badminton Doubles Tournament

Scheduled for Friday January 23, 1987 has been cancelled and has been rescheduled to be played in February. Please check with your Athletic Representative and/or the Recreation Office for the new date.

Women's Basketball Division I Playoff Meeting

Scheduled for Friday, January 23, 12 noon, has been rescheduled to Wednesday, January 28, 12 noon, Board Room.

U of T Ballroom Dance Club Annual Ball

April 11, 7:30pm to 1:00am

Tickets \$14.00, available from the
Athletic Centre Recreation Office

LIFE STRIDES

It's time to take a giant stride toward a more active life. Sign up to be a LIFESTRIDER this winter. LIFESTRIDES here at the Athletic Centre provides programs in over 40 different activities that are fun, informal and above all for everyone.

Whether or not you've ever jogged a step, swum a stroke or danced a beat you'll find a course that will put the strides back into your life. The program is offered in a supportive, friendly environment with caring teachers. Our instructors are highly qualified to help you learn at your level and to help you improve at the pace you set.

You need not have any previous experience or athletic ability to take many of our beginner courses. Those with experience who are looking to improve their activity skills will be interested in our high level courses. "Designer fitness duds" are not a pre-requisite. So dig out an old T-shirt and shorts (swim suits are "in vogue" for the pool) and join us at the Athletic Centre.

All of our AQUATICS, DANCE and SPORT classes are open to full-time and most part-time University of Toronto students and other Athletic Centre members. Browse through our booklet, ask our staff for information if you need it. A few of our courses are open to non-members so bring your friends.



Standing (L to R): Neil Harvey, Merrily Stratton, Marj Sheed.
Sitting (L to R): Iris Hamilton, Bill Whitcombe, Jackie Simonsen, Ann Siwek.
Missing: Vera Davis.

WINTER PROGRAM DATES: JANUARY 19 - MARCH 27

REGISTRATION • MAIN FOYER • ATHLETIC CENTRE

SPORT CLASSES

Tuesday, January 13 5:00-6:30 p.m. and
Wed., Thurs., Fri., Jan. 14, 15, & 16 10am-4pm

DANCE CLASSES

Wednesday, January 14 5:00-6:30 p.m. and
Thurs. & Fri., January 15 & 16 10:00 a.m.-4:00 p.m.

AQUATICS CLASSES

Thursday, January 15 5:00-6:30 p.m. and
Friday, January 16 10:00 a.m.-4:00 p.m.

- Registration continues (for unfilled classes) weekdays from January 19, 1987 in the Instruction Office, Main Floor - 10:00am-4:00pm.
- Classes are not held on Statutory holidays or during reading week (February 16th-21st). Some programs continue to April 4th (as indicated in our program booklet).
- For further INFORMATION visit or call our Instruction Section - Telephone: 978-3436



aquatics dance sport classes

For Course Descriptions and further details pick up our program booklet in the Athletic Centre Instruction Office.

BLUES SPIRIT

Editor/Sports Information Director Paul Carson
Photos Lewko Hryhorijiw
Production Scot Blythe

Acting Co-ordinator, Promotions and Publicity Sharon Bradley
Promotions Manager Angelo Kioussis
Blues Spirit magazine is published by the University of Toronto Department of Athletics and Recreation Promotions and Publicity Section. Blues Spirit appears 6 times a year and is distributed at all Blues home games and on the University of Toronto campuses. Athletic Centre News, with information about on-campus programs, is published four times per year. For advertising information please call 978-4112.



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TRAVELWAYS SPIRIT CHALLENGE

Be A Part Of It!

Ft. Lauderdale or Bust



**40 Free trips to Ft. Lauderdale
Reading Week — February 1987**

Attend the following Varsity Blues athletic events, fill out a Spirit ballot at the entrance to Varsity Arena, and you qualify for a **FREE** trip plus accomodation at the **Day's Inn Resort in Ft. Lauderdale.** (Your group must win the **Travelways Spirit Challenge** and then select the Ft. Lauderdale trip as its prize.)



WINTER TERM SPIRIT CHALLENGE EVENTS

BLUES HOCKEY

Friday January 9th vs R.M.C.

Proceeds to Canadian Hemophilia Society.
Women's game at 5:00 pm: Varsity Blues vs Queen's Golden Gals.

Friday January 23rd vs Laurentian.

First 500 fans receive **FREE** Blues Shakers.
Intermission activities to feature the "College Slide Off". See your student council for details.

Wednesday February 11th vs York.

GRAFFITI MAGAZINE NIGHT.
First 100 fans receive Hawaiian Leis.
Other great prizes to be won!

All games in Varsity Arena, 7:30 pm.

BLUES BASKETBALL

Friday January 16th vs York.

Varsity Arena 6 & 8 pm.

"DASH FOR CASH" NIGHT.

Lucky spectators will have the chance to Dash for Dollars on the Court.

USE THE SPECIAL BALLOT ON PAGE 7.

Saturday January 31st vs Queen's.

Sports Gym 6 & 8 pm.

"TCGA OLYMPICS" NIGHT.

Post-Game Party in the SAC Pub.

Friday February 6th vs Laurentian.

Varsity Arena 7 & 9 pm.

"LADIES NIGHT".

First 1000 ladies receive a Baby Blue Orchid compliments of Orchid Communications.

**FREE ADMISSION TO ALL GAMES FOR UoF
STUDENTS WITH YOUR STUDENT I.D. CARD**

graffiti
Magazine

For Spirit Challenge Information, call or visit the Blues Promotions Office, Room 2066 Athletic Centre, 978-6675.

